

Pokagon State Park

7th Annual Pokagon Triathlon and Steve Parker/ALS Benefit 5K Run/Walk

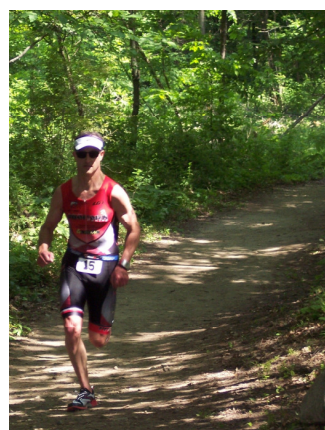
On Saturday, May 18, 2013, at 9:00am, Pokagon State Park will host the 7th Annual Pokagon State Park Triathlon and Steve Parker/ALS Benefit 5K Run/Walk utilizing resources within the park and out into Steuben County.



Participants can compete in Olympic or Sprint distances, both being staged at the park's CCC Shelter. The Olympic Triathlon will consist of a 1.5-kilometer swim from the Pokagon main beach along the popular Lake James slalom ski course. Next, athletes will transition to a 40-kilometer bike ride on roads over the rolling terrain featuring the fields, forests and wetlands of rural Steuben County. The final leg of the event will be a 10-kilometer run on the rolling and wooded trails of Pokagon State Park. The Sprint distances are a .75-kilometer swim, a 20-kilometer bike ride, and a 5-kilometer run, all taking place in the same locations. The Steve Parker/ALS Benefit 5K Run/Walk will begin shortly after the Triathlons and traverse park trails.



To volunteer, register, and/or join as a sponsor for the event, visit www.teamtrifort.com.



For overnight lodging at the Potawatomi Inn, contact www.indianainns.com, or call 260-833-2012 or 1-877-768-2928. For information on camping at Pokagon, contact www.camp.IN.gov, or call 1-866-6campIN.

On race day Saturday, there is the normal park entrance fee of \$5.00 for in-state vehicles or \$7.00 for out-of-state vehicles or you can use your annual entrance pass. Both are available at the park front gate.